

2Brown Rice, Oven Baked³⁵

Number of Servings: 35 (182.24 g per serving)

Amount	Measure	Ingredient
2 3/8	lb	Rice, brown, med grain, ckd
2 3/4	qt	Water, municipal
2/3	cup	Margarine, soft, safflower oil
1.00	Tbs	Salt, table

Nutrients per serving

Nutrition Facts		
Serving Size (182g)		
Servings Per Container		
Amount Per Serving		
Calories 150		Calories from Fat 40
		% Daily Value*
Total Fat 4g		6%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 230mg		10%
Total Carbohydrate 24g		8%
Dietary Fiber 2g		8%
Sugars 0g		
Protein 2g		
Vitamin A 4%		Vitamin C 0%
Calcium 2%		Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

1/2 c = 1 serving, use #8 scoop

1/2 cup = 25 g carbohydrate = 1 1/2 Carb Servings

Notes

1# brown rice AP = 2 1/2 cups dry measure

BRING WATER TO A BOIL BEFORE ADDING

for each 50 portions (3 1/2# rice to 4 1/4 c boiling water, 4 teasps salt & 1 c margarine): weigh and meas ingredients into A 12X20X2' counter pan; cover with foil and bake at 350 degrees for 1 1/2 hours, let stand covered for 5 minutes . Fluff with fork and serve.

Onion may be added for additional flavor if desired.

For smaller amounts use a smaller pan.

1/2 c Serving = #8 scoop

1 serving = 25 grams carbohydrate = 1 1/2 CS